

Resilience is:

We raise never-give-up kids by:

1. Showing them respect. How? Listening, valuing their \_\_\_\_\_,  
training them in decision-\_\_\_\_\_, paying attention to their \_\_\_\_\_,  
valuing and nurturing their \_\_\_\_\_, \_\_\_\_\_ differences,  
setting \_\_\_\_\_ goals, and keeping \_\_\_\_\_.
2. Helping them develop good habits:
  - emotional \_\_\_\_\_,
  - relational skills: \_\_\_\_\_,
  - good physical habits: time outdoors, unstructured \_\_\_\_\_, exercise, sleep.
  - coping with \_\_\_\_\_, and
  - gratitude.
3. enjoying \_\_\_\_\_.
4. helping our children to love and to pursue \_\_\_\_\_.
5. All of this must be built on and wrapped in \_\_\_\_\_.

### Good Reads

- Kathy Kuhl. *Encouraging Your Child*, and *Homeschooling Your Struggling Learner*.
- Robert Brooks, Ph.D., and Sam Goldstein, Ph.D. *Raising Resilient Children*.
- Paul Tripp. *Age of Opportunity: A Biblical Guide to Parenting Teens*. 2001.
- Edward T. Welch. *Running Scared: Fear, Worry, & the God of Rest*. New Growth, 2007.
- John Gottman. *Raising an Emotionally Intelligent Child*. 2011.
- Kathy Koch, Ph. D. *Compliment and Correcting: The Power of Doing It Well*.
- Richard Lavoie. *It's So Much Work to Be Your Friend*, 2005, and *The Motivation Breakthrough: 6 Secrets to Turning on the Tuned-Out Child*.
- For kids, *The Young Peacemaker* by Corlette Sande.

### Websites

- [Learndifferently.com](http://learndifferently.com) is Kathy Kuhl's website. Blog, articles, handouts, book reviews for parents of children with learning challenges.
- Relational Wisdom RW360.org by Ken Sande, author of *The Peacemaker*.
- Struggling Learners section of HEAV.org website has good articles, including Cathy Steere's "Kick Off Your Running Shoes," on not comparing your child to other children. [heav.org/resources/articles/index.html](http://heav.org/resources/articles/index.html)
- [paultrippministries.org/](http://paultrippministries.org/) Paul Tripp has written many wise, helpful books.

### Sources

- William Manchester, *The Last Lion*.
- Jennifer Olmstead, "Outgrowing the Greenhouse: A Conversation with Gregg Harris," *The Home School Court Report XXV* (May-June 2009), accessed October 11, 2011, <http://hslda.org/courtreport/V25N3/V25N301.asp>.
- Sam Goldstein, Ph.D., & Nancy Mather, Ph.D., "Self-Esteem," with Robert Brooks, Ph.D., chapter 5 of *Overcoming Underachieving*. New York: Wiley and Sons, 1998.
- Temple Grandin, Ph.D., & Kate Duffy. *Developing Talents*. 2004.
- Dr. Mark Hurley. Lecture at CHADD International Conference, 2007, Washington DC, November 9, 2007.
- Sarah Hamaker. "Raising and Average Jane or Joe." When the world says fame and success are everything. [www.crosswalk.com/family/parenting/kids/raising-average-janes-and-joes.html?ps=0](http://www.crosswalk.com/family/parenting/kids/raising-average-janes-and-joes.html?ps=0)
- Amy Morin, "Scientifically Proven Benefits of Gratitude," *Forbes*, <http://www.forbes.com/sites/amymorin/2014/11/23/7-scientifically-proven-benefits-of-gratitude-that-will-motivate-you-to-give-thanks-year-round/#7e21c32c6800>

### Wise Words

Hope deferred makes the heart sick. Proverbs 13:12.

An anxious heart weighs a man down, but a kind word cheers him up.

Proverbs 12:25

A bruised reed he will not break, and a faintly burning wick he will not quench.

Isaiah 42:3

A cheerful heart is good medicine, but a crushed spirit dries up the bones.

Proverbs 17:22

The wise woman builds her house, but with her own hands  
the foolish one tears hers down. Proverbs 14:1

By perseverance the snail reached the ark. ~ C.H. Spurgeon